

# Fresh Fruit and Vegetable Program

## PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

### Honeydew

**Honeydew are good for you because:** they are an excellent source of vitamins A and C,, Potassium, and are over 90% water! Melons keep you hydrated while you eat them, so they're great on hot days!

### Farm to School ~

Honeydews grow best in warm and humid areas.

The United States is currently third in production of honeydew behind China and Turkey.

California is the top producer in the United States with Arizona right behind them in production.

### Selection and Storage ~

Select honeydews that are very round in shape. Honeydews should have a waxy surface, not fuzzy, and should feel heavy for it's size.

Store honeydews at room temperature until cut. Once cut you can store the honeydews for up to 2 weeks in the fridge.

### Origin ~ Where did it come from?

Honeydews are believed to be first cultivated from Egypt around 2400 BC, which is over 4000 years ago. Honeydews eventually made their way into Europe around 1400s and then from there were brought to the United States by Christopher Columbus bringing honeydew seeds with him.

### Fun Facts



Honeydews, like all melons, are related to the cucumbers and gourds—also known as squashes.

The average honeydew weighs about 6lbs

Bees are necessary for the melons to grow and mature

Every part of the honeydew is edible, including the seeds and rind



### Word Search

H	L	G	P	E	X	W	D	T	W
N	I	M	A	T	I	V	Z	Q	E
I	C	U	C	U	M	B	E	R	D
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CUCUMBER  
HONEYDEW  
POTASSIUM

EGYPT  
HYDRATE  
SQUASH

FRUIT  
MELON  
VITAMIN



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## HONEYDEW COLORING



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